

Abstract

Title : Prevalence of diabetes mellitus, obesity and metabolic syndrome in Indian patients with cryptogenic cirrhosis.

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Aim of the study : To study the prevalence of diabetes mellitus, obesity and metabolic syndrome in cryptogenic cirrhosis .

Methods and materials : During August 2013 to December 2014 all cases (cryptogenic cirrhosis) and controls(hepatitis B/C related cirrhosis) above 40 years of age were consecutively and prospectively recruited. After informed consent , cases and controls underwent a detailed clinical and laboratory evaluation to assess the cause and severity of liver disease and prevalence of DM , obesity and metabolic syndrome. . Continuous variables were expressed as means \pm standard deviation and categorical variables were expressed as numbers and percentages.Differences between the categorical parameters were tested by χ^2 tests. Independent *t*-tests were conducted for differences between groups for continuous variables.

Results: 118 cases(M-74 % ; age 55 ± 8.6 years mean \pm SD; Childs class A/B/C-46/38/16) and 59 controls(M- 80% ;age 54 ± 8 years mean \pm SD; Childs class A/B/C-56/30/14) were enrolled. 54 % cases were obese compared to 39 % controls (p=0.089).DM was more prevalent in cases as compared to controls{ 52 % v/s 27 % (p=0.002)}. 30% cases and 13 % controls had a family history of DM(0.016) and 21% cases and 3.5 % controls had family history of obesity(p=0.002). Metabolic syndrome was noted in 65% of cases compared to 44 % of controls (p=0.01).

Conclusion : Higher prevalence of risk factors for NAFLD underlies the important contribution of NAFLD in Indian patients with cryptogenic cirrhosis.

Key words : Cryptogenic cirrhosis , diabetes mellitus(DM),metabolic syndrome(MS) , obesity